

**SUPPORT DEVICE FOR A CHAIR, SAID DEVICE  
PROVIDING AN ERGONOMIC WORKING POSITION,  
BOTH STANDING UP AND SITTING DOWN,  
RESPECTIVELY**

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**BACKGROUND OF THE INVENTION**

**1. Field of the Invention**

The present invention relates to a device detachably attached to a chair, especially an  
10 office chair, providing an ergonomic workstation.

**2. Description of the Related Art**

Strain injuries, as a consequence of static work at computers, have be-come a bigger  
problem as the frequency of computers has increased, and more people sit in front of a  
computer the major part of their working hours and use a computer mouse and computer  
15 keyboard. Due to the monotonous working position at the computer, shoulders and arms,  
inter alia, are affected by strain injuries, for example so called mouse arm syndrome. This is  
a prior known problem and several solutions have emerged how to support the arms in order  
to relieve the strain on the body.

SE 464 740 describes a forearm support device for use during work at a writing desk  
20 etc., comprising means of attachment attached to a tabletop. Further, the forearm support  
device comprises a first pivoting arm member pivotally con-nected to the means of  
attachment, and a second pivoting arm member pivotally connected to the first pivoting arm  
member, the outer end of said second pivoting arm member being provided with supporting  
means designed for the forearm.

25 SE 505 551 discloses an arm support device for a chair, especially an office chair,

where an attachment element is attached to the side of the seat of the chair. From the attachment element, there is a vertical column extending, pivotally connected to the attachment element. A rear horizontal supporting bar is pivotally mounted on the column, and a front horizontal supporting bar, supporting a fore-arm support, is slidingly connected to the rear horizontal supporting bar.

DE 198 32 609 describes an extension tube designed for an arm support of stand type for standing work. The arm support is freestanding on the floor by means of a foot support or is attached to a table or chair.

US 5 810 301 discloses an upper body support device at workstations. The support device is attachable at the workstation or can be incorporated into a standalone system and comprises forearm supports adjustable to be adapted to the working position of the user. The support assembly is vertically adjustable, and can be adapted for both standing and sitting working position.

However, above-mentioned documents describe workstations presenting lack of flexibility and of variation of the working position, and insufficient support for the arms.

#### THE OBJECT OF THE INVENTION

Thus, the object of the present invention is to provide a device providing an ergonomic workstation which provides rest and support for a user during static work at a computer/workstation, or similar device provided with computer key-board and computer mouse. The object is also to provide a device providing an ergonomic workstation which for a user is flexible, offers a wide variation of working positions, and is simple and easy to control and position.

#### SUMMARY OF THE INVENTION

These objects are achieved by a device according to the present invention detachably

attached to a chair, especially an officer chair, at least one pivotal arm unit being attached to the chair by one of its ends, and to its second end a work plate of manageable size for the placement of working tools is pivotally attached, the arm unit and work plate being selectively positionable for a user of the working tools for sitting working position in the chair, and standing working position behind the chair, respectively. The size of the work plate can be varied regarding the purpose of the work plate. The work plate can be design for working tools such as a computer keyboard or computer mouse, for example, or the work plate may constitute a writing pad on which a note pad can be placed. The work plate can also be provided with holder arrangements for documents. The choice of material of the work plate is made so that the work plate is made manageable, a wood material is suitable, for example, but also other suitable materials can be chosen. The work plate can also have different shapes depending on the field of application, and can be detachable from the arm unit. The device is controllable and positionable so that every user can be provided with an individually right-hand or left-hand adapted working position. Further, the device can be additionally equipped with servomotors, so it can be positioned automatically by means of said servomotors, which can be controlled by a control program located in the computer of the user. Thus, when a user is logging in to the computer, a preset position of the device for the user can automatically be set.

Thus, an ergonomic workstation is provided providing maximum flexibility and variation of the working position, e.g. sitting and standing working position, while maximum support of the arms is provided, and which in addition is simple and easy to control and position.

According to an advantageous embodiment of the present invention, when the arm unit and work plate are positioned for a user in a sitting working position in the chair, the arm unit constitutes a forearm support, on which the forearm of a user shall rest.

According to a further advantageous embodiment of the present invention, the work

plate is pivotal about an axis extending in the extension of the end of the arm unit, to which end the work plate is attached. This enables maximum of different working positions for the present user.

According to another advantageous embodiment of the present invention, the device  
5 comprises two pivotal arm units, said arm units being detachably attached to each side of the chair, opposite to each other.

According to yet another advantageous embodiment of the present invention, the shape of the work plate of the first arm unit is adapted for a computer keyboard and the shape of the work plate of the second arm unit is adapted for a computer mouse.

10 According to an advantageous embodiment of the present invention, when the arm unit and work plate for the computer keyboard are positioned for a user in a sitting position in the chair, the work plate adapted for a computer keyboard has a shape so that the work plate adapted for the computer keyboard is positionable directly in front of the user.

## 15 **BRIEF DESCRIPTION OF THE DRAWINGS**

The present invention will now, with the purpose of exemplifying, be de-scribed in more detail by means of embodiments and by referring to the appended drawings, wherein:

Fig. 1 shows an embodiment of the device according to the present invention,

Fig. 2 shows the device of Fig. 1 attached to an office chair, and positioned for a  
20 user in a sitting working position in the chair,

Fig. 3 shows the device of Fig. 1 attached to an office chair, and positioned for a user in a sitting working position in the chair having the larger work plate turned upwards.

Fig. 4 shows the device of Fig. 1 attached to an office chair, and positioned for a user in a standing working position behind the chair.

## DETAILED DESCRIPTION OF THE DRAWINGS

Fig. 1 shows an embodiment of the device according to the present invention. A first arm unit 1 has means of attachment 2 at its first end adapted to be attached under the seat of the chair. To the second end of the first arm unit 1 a first work plate 3 is pivotally attached, the size and shape of which is adapted for a computer keyboard, for example. The first work plate 3 is attached to pivoting means 4 which in turn is pivotally attached to the second end of the first arm unit 1. The attachment of the first work plate 3 to the pivoting means 4 enables the pivoting of the first work plate 3 about an axis 5 extending along the extension of the second end of the first arm unit 1. The upwardly facing surface 6 of the first arm unit 1 constitutes a forearm support for the forearm of a user. The first arm unit 1 is hinged by a first hinge 7 and a second hinge 8 providing maximum of different working positions for the user. Naturally, these hinges 7, 8 can have other forms, e.g., in form of ball joints to provide more alternatives of position. Looking means 9, 10 arranged for each hinge fix the hinges 7, 8 in different positions and by that provide various fixed positions for the first arm unit 1. The second arm unit 11 has the same form but is adapted to be attached to the opposite side of the chair in relation to the side of attachment of the first arm unit 1. To the second end 12 of the second arm unit 11 a second work plate 13 is pivotally attached, the size of which, however, is adapted for a computer mouse.

Fig. 2 shows the device 14 of Fig. 1 attached to an office chair 15 where the device 14 is positioned for a user in a sitting working position in the office chair 15 having the first work plate 3 adapted for a computer keyboard positioned in front of the upper body of a user, and the second work plate 13 adapted for a computer mouse positioned at the hand of the user.

Fig. 3 shows the device 14 of Fig 1 arranged and positioned for a user in a sitting working position in the office chair 15, as in Fig. 2, but having the first work plate 3 turned upwards, adapted for a user to be easily seated in the office chair 15.

Fig. 4 shows the device 14 of Fig. 1 positioned for a user in a standing work-ing  
5 position behind the chair. The first work plate 3, and the second work plate 13 are positioned at an elevation adapted for the present user. When the user is in the standing working position, preferably, the wheels of the office chair 15 are locked to provide a stable workstation. To provide support for the forearms of the user in standing working position, the device 14 can additionally be equipped with two additional forearm supports, each of which,  
10 when the device 14 is positioned for standing working position, projects backwards from respective work plate 3, 13 at the attachment of respective work plate 3, 13 to respective arm unit, and is essentially positioned in the same plane as respective work plate 3, 13.